

July 2022 Wellness Programs



in partnership with



NATURE JOURNALING

Wednesday, July 6—7:00 to 8:30 PM

Cleary Lake Regional Park

Join us for a gentle nature walk and discover the benefits of nature journaling as you create your own! All materials provided courtesy of Scott County SHIP! (Ages 10+)

MOVING FOR WELLNESS:

OUTDOOR QIGONG

Sunday, July 10—9:00 to 10:30 AM

Cleary Lake Regional Park

Join guest teaching artist Scott Stafford for Moving for Wellness: Outdoor Qigong. This class will offer techniques for quieting the mind and easing the body — including sequences from tai chi and qigong forms. Movement is modifiable to all levels and abilities. A yoga mat or towel is recommended. (Ages 18+)

TRAIL TOUR

Thursday, July 21—7:00 to 8:30 PM

Murphy Hanrehan Park Reserve

Join us on a trail tour and learn more about what the park has to offer. We will spend some time learning about the park, different activities you can enjoy, and how to navigate the park's trails and facilities with confidence! We will also go on a gentle nature walk and practice using the park maps. Everyone belongs in the park and is welcome on the trail tour! (All Ages Welcome)

WELLNESS WALK (Ages 55+)

Wednesday, July 27—8:30 to 10:00 AM

Cedar Lake Farm Regional Park

Nature is one of our greatest resources for improving health and wellness. Join us on a gentle nature walk accompanied by a guided wellness activity focused on being present. Wellness activities will vary and may include mindfulness, poetry, art, and more. Activities are geared towards engaging our body's relaxation response and will provide participants with methods for reducing stress and boosting mental health.

SOMA YOGA:

Sesión de Atención Plena del Cuerpo y Manejo del Estrés; Body Mindfulness & Stress Management

Thursday, July 14— 7:00 to 8:30 PM | Cleary

Wednesday, July 20—9:00 to 10:30 AM| Cleary

Monday, July 25—7:00 to 8:30 PM| The Landing

Join certified SomaYoga instructor Sofia Silva for an outdoor yoga session focused on providing skills and tools to manage stress. The session will incorporate mindfulness and guided relaxation practice with the aim of integrating what was learned during the session through small movements and breathing. No experience necessary, movement is modifiable to all levels and abilities. A yoga mat or towel is recommended. Sofia is bilingual in English and Spanish. (Ages 18+)

GUIDED FOREST BATHING WALK

(Registration Required- Limited Spots!)

Saturday, July 16—7:00 to 9:00 PM

Murphy Hanrehan Park Reserve

Join ANFT-certified guide David Motzenbecker from Motz Studios in the therapeutic guided practice of Forest Bathing. Forest Bathing derives from the Japanese art of "Shinrin Yoku" which translates to taking in the forest air with all senses. Join in a series of exercises that invite participants to slow down and tune in to the natural world all around. Reservations required by two days prior. (Ages 18+)

All programs are FREE! Registration not required (with the exception of Forest Bathing), though registration is encouraged to receive pre-program communication including weather changes and cancellations. Register at link below or email Parks Wellness Programmer:
Annie.Bunio@threeriversparks.org
ThreeRiversParks.org/Programs
Keyword Search Wellness